UNIVERSITY OF CAMBRIDGE INTERNATIONAL EX
International General Certificate of Secondary Educati

FOOD AND NUTRITION

Paper 2 Practical Test **0**

Plan

Practical Test: **2 hours 30 minutes**

Additional Materials: Carbonised Sheets

READ THESE INSTRUCTIONS FIRST

Write your Centre number, candidate number and name on all the work you hand in.

Please see page 2.

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Planning Session: 1 hour 30 minutes

When you know which of the tests is assigned to you, read it through
Work, Time Plan and Shopping List of ingredients as follows, using the

(i) On the Plan of Work sheet, write down the dishes that you
familiar but interesting dishes which give you scope to sho
test. List the dishes in the correct order to answer the ques

(ii) Beside each of the dishes chosen, give the quantities of t
full recipe is not necessary.)

(iii) Complete the Time Plan sheet to show the order of working, the methods to be used, and the length of time required for cooking each dish. Frozen, tinned and packaged foods (i.e. 'convenience' foods) may be used with discretion, but enough work must be planned to show skill and to occupy the whole of the Practical Test.

(iv) Complete the Shopping List sheet to show the total quantities of the ingredients required.

The amounts cooked should be sufficient for two or three people, but this may be governed by the requirements of each particular test. Recipe books may be used during the Planning Session, but frequent reference to them is to be avoided during the Practical Test.

Write your **name**, **candidate number** and the **number of the test** on your Plan of Work, Time Plan and Shopping List. Give them and any notes you may have made, with this question paper, to the Supervisor at the end of the Planning Session. You may not take away a copy of the test or of your plan or any notes (other than your recipe book) and you may not bring fresh notes to the Practical Test.

The question paper and one copy of your Plan of Work, Time Plan and Shopping List will be returned to you by the Examiner at the beginning of the Practical Test. You will be expected to keep to your plan. At the end of the examination, the question paper is to be handed to the Examiner, with your Plan of Work, Time Plan and Shopping List.

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Practical Test: 2 hours 30 minutes

1 **(a)** Prepare, cook and serve a **two-course** main meal for two ve

(b) Make some small cakes by the creaming method and also a

2 **(a)** Prepare, cook and serve **four** dishes which are suitable for a

(b) Make and decorate the birthday cake.

3 **(a)** Prepare, cook and serve a **two-course** main meal which includes a good supply of Vitamin C.

(b) Make a dish using flaky or rough-puff pastry and make some biscuits by the melting method.

4 Show your skill in the preparation of **five** dishes, each dish showing the use of one of the following pieces of equipment:

steamer, cake tin, rolling pin, grater, blender or liquidiser.

5 **(a)** Prepare, cook and serve a **two-course** evening meal for two office workers.

(b) Make a cake by the whisking method and also a savoury dish which includes a sauce.

6 Prepare, cook and serve **five** different dishes to show your skill in the use of the following ingredients:

cheese, a herb, yeast, a green vegetable, gelatine.

7 **(a)** Prepare, cook and serve a **two-course** main meal which includes soya.

(b) Make a savoury dish using short crust pastry and a sweet dish using a batter.

8 **(a)** Prepare **three** skilful dishes which show **three** different uses of eggs in cooking.

(b) Make **two** dishes which could be taken to school as part of a packed lunch.

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